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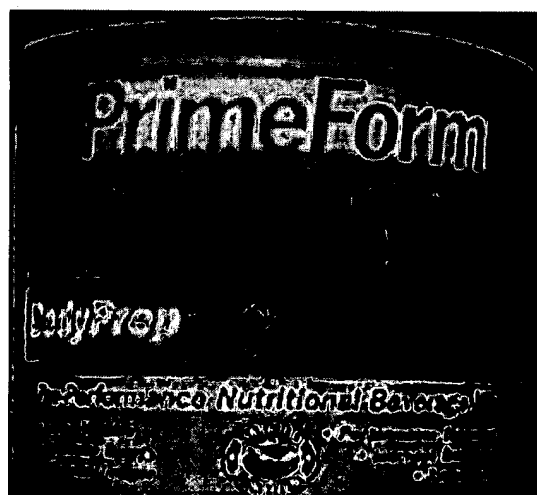
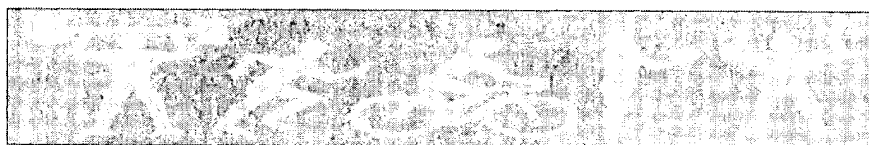


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PrimeForm Fitness Products



Body Prep

System: General Nutrition

Orange flavored drink for pre-workout; increase endurance; minimize fatigue

PrimeForm BodyPrep is for men and women of all ages. Nutrients are optimally absorbed when taken 30 to 60 minutes before physical activity such as exercise, sporting events, work or play. Developed with wholesome ingredients and a special herb blend for fuel and energy,

this pre-performance drink fuels energy and increases endurance. BodyPrep helps fortify and support the body during any level of activity--low, medium or high intensity.

Ingredients: fructose, soy protein isolate, natural and artificial vanilla flavor, oat fiber, maltodextrin, canola oil, xanthan gum, calcium phosphate, herbal blend (sarsaparilla root extract, Siberian ginseng root extract, astragalus root extract, licorice root powder extract, Ginkgo biloba leaf), natural orange flavor, potassium chloride, lecithin, medium chain triglycerides, citric acid, magnesium oxide, l-carnitine, beta-carotene, ascorbic acid, creatine monohydrate, zinc citrate, ferric ortho phosphate, bee pollen, l-glutathione, niacinamide, copper gluconate, manganese sulfate, d-calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, folic acid, biotin, vitamin D3, chromium chelate, selenium chelate, potassium iodide, cyanocobalamin, and vanadyl sulfate.

Each 26 gram serving also contains: selenium (50 mcg), chromium (100 mcg), manganese (1 mg), molybdenum (50 mcg), vanadium (1 mcg), l-carnitine 50 mg, creatine (10 mg) and l-glutathione.

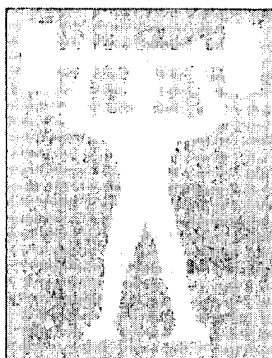
Add approximately one heaping scoop (26 g) of drink mix powder to one glass (8 ounces) of cold water or skim milk. Shake or blend. Drink 30 to 60 minutes before physical activity.

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Body Prep Retail Price \$22.65 



#3661 | Body Prep | 12.5 ounces (55 grams) | Retail \$22.65 | Dist. Price \$16.80



PrimeForm Exercise Homeopathic

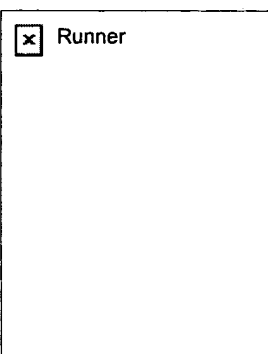
System: Structural

PrimeForm Exercise is a natural homeopathic medicine that aids in providing energy, vitality and stamina during aerobic exercise such as tennis, jogging, racquetball or other exercise workouts. Take 10-15 drops under the tongue every 20-30 minutes prior to and following exercise workouts. Do not give to children under 12.

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Exercise Homeopathic Retail Price \$10.15 

#8960-9 | Exercise Homeopathic | 1 fluid ounce | Retail \$10.15 | Distributor \$8.25



Fitness Plus

System: Glandular

An herbal combination to support the body during strenuous exertion.

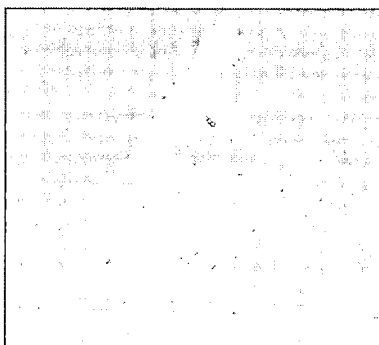
Fitness Plus nutritionally supports a body under physical stress by providing nutrition to glands especially influenced by strenuous exertion. The 15 natural elements in this combination are a source of chromium, selenium and sodium as well as other nutrients. Chromium acts in the body as a cofactor for insulin. This formula is also an herbal source of the B vitamin niacin, a nutrient which participates in fatty acid metabolism and tissue respiration.

Contains: Siberian ginseng root, Ho shou wu root, Black walnut hulls, Licorice root, Gentian root, Fennel seeds, Slippery elm bark, Bee pollen, Bayberry root bark, Myrrh gum, Peppermint leaves, Safflower flowers, Eucalyptus leaves, Lemon grass herb, Capsicum fruit

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Fitness Plus Retail Price \$11.80 

#889-3 | Fitness Plus | 100 Caps | Retail Price \$11.80 | Dist. Price \$8.90



Free Amino Acids with

Magnesium & l-Carnitine

System: Structural

-- Protein building blocks to help develop, build and maintain solid muscle

PrimeForm Free Amino Acids with Magnesium & l-Carnitine is for individuals involved in strength and endurance training, especially for times of physical activity, stress and recovery. Amino acids are building blocks of protein that help develop, build and maintain solid muscle tissue. Twenty-two amino acids are necessary for the body to function, 14 of which the body manufactures. The other eight essential amino acids must be supplied in the diet.

The eight essential amino acids in this product are formulated to meet the Food and Agricultural Organization/World Health Organization (FAO/WHO) amino acid pattern that helps ensure the most efficient use of amino acids by the human body. Combine this amino acid formula with physical activity and good nutrition to develop muscle strength and endurance. l-Carnitine helps transport fats into the mitochondria where they are burned for energy, and magnesium helps activate enzymes necessary for carbohydrate and amino acid metabolism.

Whether you're an athlete, body builder, physically active or simply need amino acid supplements, this formulation of Free Amino Acids helps support your workout program for muscle tissue, mass and density.

Typical analysis of amino acids per two-tablet serving:

Ingredients mg per two tablets:

l-Lysine*90
l-Histidine16
l-Arginine22
l-Aspartic acid88
l-Threonine*56
l-Serine41
l-Proline45
l-Alanine44
Glycine16
l-Glutamic Acid140
l-Cystine21
l-Valine*70
l-Methionine*29
l-Isoleucine*56
l-Leucine*100
l-Tryosine30
l-Phenylalanine*56
l-Tryptophan*14
l-Carnitine100
Magnesium Aspartate100
Magnesium Oxide150

*Essential amino acids formulated to meet the FAO/WHO amino acid pattern.

The tryptophan in this formula is from natural protein and is necessary body use of all other

amino acids. Contains no sugars, artificial colors, flavors, preservatives, cornstarch, soy, yeast or wheat products. Take two tablets with a meal three times daily in addition to your daily multiple vitamin and mineral supplement.

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Free Amino Acids Retail Price \$20.00 

Add to my cart

#3664-4 | Free Amino Acids | 60 Capsules | Retail Price \$20.00 | Dist. Price \$14.85

 Muscle Tone

PrimeForm Muscle Tone

System: Structural

PrimeForm Muscle Tone was developed to nourish the muscles of men and women of all ages.

With all muscle-building regimens, you must eat right and exercise regularly; otherwise, added food or calories may go to the fat storage. Muscle Tone provides fuel for energy, antioxidants to fight the damaging effects of free radicals, and nutrients to help take the fuel to muscles. This is a superb formula to complement a workout and muscle-building program. It helps fortify and support the body during any level of activity--low, medium or high intensity.

Ingredients: soy protein isolate, fructose, natural and artificial vanilla flavor, maltodextrin, fiber blend (soy fiber, oat fiber, citrus pectin, apple fiber, psyllium seed) medium chain triglycerides, calcium phosphate, xanthan gum, potassium phosphate, lecithin, magnesium oxide, creatine monohydrate, l-carnitine, beta-carotene, ascorbic acid, ferric ortho phosphate, zinc citrate, grape seed extract, pine bark extract, niacinamide, d-calcium pantothenate, vitamin A palmitate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, vanadyl sulfate, selenomethionine, chromium chelate, molybdenum chelate, folic acid, biotin, vitamin D3, potassium iodine and cyanocobalamin.

Each 50 g serving also contains:

manganese (1 mg), chromium (50 mcg), molybdenum (50 mcg), selenium (50 mcg), vanadium (50 mcg), l-carnitine (50 mg) and creatine (100 mg).

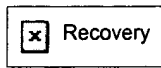
Recommended Usage: Add 1 heaping scoop (50 g) of drink mix powder to one glass (8 ounces) of cold water or skim milk. Shake or blend. Drink with a meal, in-between meals, or 60 minutes before exercise.

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Muscle Tone Retail Price \$35.70 

Add to my cart

#3663-4 | Muscle Tone | 23 Fluid Ounce | Retail Price \$35.70 | Dist. Price \$26.35



PrimeForm Recovery (Post Workout)

System: Structural

PrimeForm Recovery helps the body stay hydrated and replaces certain elements that may be used and/or perspired away during higher levels of activity. This post-performance drink nourishes the body both during and after activity, as well as when the body is recovering. It also helps replenish liquid and electrolyte loss and balance the acid level in the muscles during exercise to enhance the length and quality of physical exertion. Recovery helps fortify and support the body during any level of activity--low, medium or high intensity.

Ingredients: Fructose, citric acid, potassium citrate, natural orange flavor, tricalcium phosphate, maltodextrin, rice syrup solids, xanthan gum, magnesium oxide, potassium chloride, sodium chloride, inositol, beta-carotene, ascorbic acid, niacinamide, l-carnitine, glycine, l-aurine, pyridoxine, hydrochloride, riboflavin, thiamin hydrochloride, folic acid, biotin, chromium chelate, and cyanocobalamin.

Each 15 g serving also contains chromium (50 mcg), chloride (50 mg), l-carnitine (2.5 mcg), and inositol (50 mg).

Add one level scoop (15 g) of drink mix powder to one glass (8 ounces) of cold water. Drink during or after activity or increased physical exertion.

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Primeform Recovery Retail Price \$19.65

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#3662-2 | PrimeForm Recovery | 14 fluid ounce | Retail Price \$19.65 | Distributor Price \$14.60



Sports Antioxidants --

To offset the effects of free radicals the body generates during exercise


#3660-7 | Sports Antioxidants | 60 | Retail Price \$23.70 | Distributor Price \$17.55

PrimeForm Sprains & Pulls

System: Structural

PrimeForm Sprains & Pulls is a natural homeopathic medicine for the relief of pain, stiffness and inflammation caused by muscle or tendon strains, tennis elbow, and overexertion during sports activities or workouts. Take 10-15 drops under the tongue every one to two hours following overexertion or appearance of symptoms, then decrease to three or four times daily until symptoms disappear. For children under 12, contact your health care professional.

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Primeform Sprains & Pulls Retail Price \$10.15 

Add to my cart

#8970-7 | PrimeForm Sprains & Pulls | 1 fluid ounce | Retail Price \$10.15
#8970-7 | PrimeForm Sprains & Pulls | 1 fluid ounce | Distributor Price \$8.25

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